

History of the Standing Bell(Chuông)

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Standing Bell(Chuông)

- Other Names
 - Resting Bell
 - Prayer bowl
 - Himalayan bowl
 - Tibetan bell
 - Rin gong – Japanese
- Another Type of Bell
 - Singing bowl
 - Tibetan/Himalayan singing bowl



Origin is still a mystery...

- Singing bowl is the origin, not ~~standing bell~~
 - Pre-Buddhist Tibetan Bon culture: food bowls use
 - Tibetan Buddhism
- Tibetan Monk: Lama Lobsang Leshe's origin story of the bowl (1989)
 - Third Buddha, Kasyapa (Phật Ca Diếp): singing bowl
 - Fourth Buddha, Shayamuni (Phật Thích Ca): begging bowl
 - Used to give "voidness/emptiness teaching" to people who hears it

Story of the singing bowl origin



Rain Gray went to Tibet



Met two monks



Lama Lobsang Molam and Lama Lobsang Leshe

Rain Gray said: Ask for the origin

Lama Lobsang Molam(who heard from an older monk of Lama Lobsang Leshe) said:

- 1) Third Buddha, Kasyapa (Phật Ca Diếp): singing bowl
- 2) Fourth Buddha, Shayamuni (Phật Thích Ca): begging bowl

Lama Lobsang Leshe said:

- Use to give “emptiness teaching” to people who hears the singing bell

RG: "So, in the tradition of Buddhism even from the very beginning, from the first teaching of Buddha, there is that tradition of using sound in connection with teaching?"

LLM: "Yes. So he gave the teaching of the Four Noble Truths, the first teaching. Also, if we play the singing bowl some Arhat is here, really they can have many teachings, emptiness and broadness, very deep teachings they're having. Of course. Actually, this sound wang, wang, wang, wang, wang, means emptiness, empty, empty, empty, empty. Emptiness teaching is the top of teaching, Buddha's essence. Essence of Buddha's teaching, yes, Buddha's teaching. Means . . . what does essence of Buddha's teaching mean? This is Emptiness teaching, top one. If one who has bodhicitta already, if you get bodhicitta already, but you didn't get Emptiness teaching, you never get enlightened, you'll never get enlightenment."

Bell(Chuông) Uses

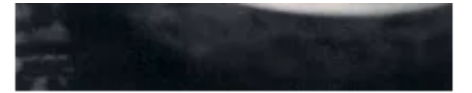
- Standing Bell
 - Meditation practices
 - Chanting sutras and prayers
- Tibetan/Himalayan Singing Bowls
 - Meditation practices
 - Healing purposes: physical, emotional and spiritual
 - Depression
 - Stress disorder
 - Deep relaxation

"If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes. Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any medical disorder."

Dr. Mitchell Gaynor, director of Medical Oncology and Integrative Medicine, the Cornell Cancer Prevention Center in New York

Sound Healing expert, Diáne Mandle states that Tibetan Singing Bowls don't only affect a great deal of physical healing but also have far-reaching implications that occur on emotional and spiritual levels. It is a regenerative process married to a spiritual awakening that can have profound consequences on illness, disease, and all aspects of our lives.

In the words of the great Tibetan master/Bodhisattva Gwalwa Karmapa, the Singing Bowls of Tibet emit the "Sound of the Void", the sound of the universe manifesting. They are a symbol of the 'unknowable' and as an alloy, date back to the Buddha, Shakyamni (560-480 B.C.). Their origins and detailed histories are shrouded in the distant past and are surely a gift from the shamanistic 'Bon' religion which precedes Buddhism in Tibet by centuries. For centuries they have been utilized for healing and consciousness transformation. We are now discovering the science behind this powerful ancient modality which is so effective for healing today. Modern medicine can now measure and thus confirm the practice of sound as a means to heal.



Bell Design

- Metal material
 - Standing Bell
 - Alloy of copper and tin
 - Tibetan bowl
 - Bronze alloy: copper, tin, iron, silver, gold, nickel
- Bowl shape design
- Variety of sizes
 - Ranges: 3 cm to 1 meter in diameter

